



## MONITOR YOUR FOOT HEALTH

Start today with a podiatric foot exam

### THE IMPORTANCE OF A FOOT EXAMINATION

A Comprehensive Diabetic Foot Exam (CDFE) is performed by a podiatrist to determine your risk of developing serious wounds that could lead to infection and amputation.

Your podiatrist will check your sensory perception (feeling), circulation, and your orthopedic foot structure. The findings of your CDFE will determine your eligibility to receive Medicare coverage for diabetic footwear and inserts through Medicare's Therapeutic Shoe Program.

If the CDFE determines that your feet are at increased risk of ulceration, your podiatrist may prescribe shoes that are covered by a special Medicare program.

# WHY FOOTWEAR MATTERS

Diabetic shoes are specifically designed for foot protection, pressure relief and support. These shoes feature extra depth to accommodate prescribed inserts to ensure that your feet are protected and comfortable throughout the day.

### THE COST OF YOUR SHOES MAY BE COVERED BY MEDICARE

The 1993 Therapeutic Shoe Bill covers a pair of shoes and inserts every calendar year. Protective footwear can reduce complications of the foot and the number of diabetic amputations.

**Coverage is limited to shoes and inserts meeting certain requirements for patients with specific clinical conditions.**

### Ask your healthcare professional for more information

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2905 VETERANS MEMORIAL HIGHWAY, SUITE 2  
RONKONKOMA, NY, 11779  
866.712.STEP (7837)  
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The OHI Family of Brands



## DIABETES, FOOTWEAR AND YOUR FEET

## MEN's



Apex Lace Walker  
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New Balance 813 Lace



New Balance Black  
813 Velcro



Apex Bolt  
A7000M



Orthofeet Baton Rouge  
427



HushPuppies Gil  
H18800



Apex Lexington CapToe  
LT610M



SureFit Calgary Boot  
S225-I



Apex Sierra Trail Runner  
V751M

## WOMEN's



Apex Strap Walker  
V952W



New Balance  
WI540SG2



Apex Sierra Trail Runner  
V752W



Apex Lisa  
A330W



Apex Emmy  
A720W



Orthofeet Chatanooga  
851



Apex Linda  
A832W



Orthofeet Chelsea  
817



Apex Breeze Knit  
A7200W

# DIABETES AND YOUR FEET

Diabetes can develop from a lack of insulin production or the inability of insulin to perform its normal everyday functions. People with diabetes can develop foot problems which can lead to very serious complications.

## NEUROPATHY

60 - 70% of the over 29 million Americans suffering from diabetes are estimated to have nerve damage. People suffering from neuropathy may not feel minor cuts, scrapes, blisters, or pressure sores. If these minor injuries are left untreated, infection may result and lead to ulceration and possibly even amputation.

## POOR CIRCULATION

Diabetes often leads to peripheral vascular disease. Poor circulation reduces the amount of oxygen and nutrients supplied to the skin and other tissue, inhibiting the healing of injuries. Poor circulation can also lead to dryness of the skin. Preventing foot complications is more critical for the patient with diabetes, since poor circulation impairs the healing process and can lead to ulcers, infection and other serious foot conditions.

## SHOE GUIDE AND SELECTION

SafeStep features a variety of shoe manufacturers to ensure best fit, optimal protection and comfort.

Visit [SafeStep.net](http://SafeStep.net) to browse our entire footwear selection.



## YOUR DAILY CARE

Daily observation of the feet is critical. By taking the necessary preventative footcare measures, you can help reduce the risks of serious foot conditions.

## FOOT HEALTH CARE TIPS

- Inspect your feet daily for blisters, cuts and scratches. Always check for cracks in the skin between your toes.
- Wear shoes that are designed to protect your feet from injury.
- Wash your feet daily and dry carefully.
- Avoid extreme temperatures. Test water with your hands or elbow before bathing.
- If your feet feel cold at night, wear socks.
- Inspect the insides of your shoes for foreign objects and rough areas.
- Shoes should be fitted by a footcare specialist and be comfortable at the time of purchase.
- See your podiatrist regularly

TO VIEW OUR COMPLETE LINE OF PRODUCTS,  
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## GET THE MOST OUT OF YOUR FOOTWEAR BY PAIRING WITH COPPER CLOUD SOCKS!

Doctor-recommended to help keep your feet wound-free, odor-free and feeling great!

|                        |                                   |
|------------------------|-----------------------------------|
| Available in 4 sizes:  | Extra Small, Small, Medium, Large |
| Available in 3 styles: | Crew Length, Ankle and No-Show    |
| Available in 2 colors: | Black & White                     |

### Copper Cloud Features:

- Seamless design curbs ulceration
- Moisture-wicking promotes drier feet
- Ventilated airflow for temperature control
- Non-binding for improved circulation
- Copper yarn means antibacterial/antifungal/anti-odor and softer skin
- Heel and forefoot padding for ultimate comfort
- Light arch support helps relieve achiness
- Y-heel and toe construction for perfect fit

Copper Cloud  
Heavenly Healthful Socks™

